

Borderline Arts' Author Guidelines

We are really excited that you'd like to get involved in sharing your writing to help people get a deeper understanding of Borderline Personality Disorder (BPD). Writing is a hugely powerful tool to do this, and your unique creativity and talent as well as your story really will make a huge impact - helping loved ones/support workers to better help people with BPD, and to help other people with BPD feel less alone.

We ask all our Borderline Arts' Authors to read and agree to our guidelines below. This is because your health and safety (and that of those reading the writing) is the most important thing of all. The guidelines may seem a bit heavy, but they are just to protect everyone involved.

Please have a good read through, and let us know if you are happy with all of them. If you have any questions, please feel free to ask!

- Please let us know if you would prefer to share your work anonymously or publicly.
- It is vital that the work you create will not be a trigger for others: E.g. No specific description of self-harm, emaciated figures, suicide etc. (This is to keep other people safe).
- If you are doing some writing for the website and you find that work is going that way (as described in the previous point), you understand that it won't be used by Borderline Arts, for reasons stated above.
- When writing specifically for Borderline Arts, try to express aspects of living with BPD that you are already aware of, rather than delving into difficult issues to minimise the risk of becoming distressed by issues brought up through writing. (This is to keep you safe).
- If you are doing some writing for the website and you find that you are feeling distressed due to feelings/issues etc being raised, you understand that we are unable to offer 1:1 support.
- By signing this form, you are confirming that you have a CPN, therapist or similar support person who has agreed to be available to offer support and help keep you safe if anything distressing does come up.
- Please be aware that the writing you are creating/sharing is for the purpose of helping others understand BPD and reduce stigma surrounding the condition.
- Please be aware that the public will view your writing, and there *may* be responses that are not entirely positive, due to the content/emotions it evokes in the reader as well as their personal taste.
- By signing this form you are stating that you feel able to manage this ^.
- If at any time you decide you no longer want your writing displayed, contact Borderline Arts asking us to remove it from the website and social media. (We will do so as quickly as we are able to).

I agree to all of the points above, and understand that the views of what is 'appropriate for the website' will be made by Borderline Arts:

Name: _____

Date: _____

Signature: _____

***Most of all, we want you to have fun, and for this to be a rewarding experience! So have fun!
We can't wait to read your writing!***